

Self-Care Planner

Day	Relaxation	Cognitive Care	Emotional/ Spiritual Care	Physical Care	Connection
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Self-Care Sunday					

Self-Care Planner

Relaxation Practice	Cognitive Care	Emotional/ Spiritual Care	Physical Self-Care	Connection
Deep breathing Exercises	Read a book that teaches you something new	Journalling	Yoga	Set up a ladies/mens get together
Progressive Muscle Relaxation	Take a course	Gratitude lists	Cook and eat healthy whole foods	Make friend “dates”
Meditation	Puzzles	Spend time in nature	“Sexy Time” with your partner (or self)	Have dinner parties
Stretching	Learn a new skill	Read books on spirituality	Walk, walk, walk	Set up a “date night” with your partner
Body scan	Learn a new video game	Prayer/church	Dance party in your house	Call/Skype a friend
Bath	Play chess	See a therapist	Gardening	Send out real cards
Spa night at home	Listen to informative podcasts or youtube videos	Have a meaningful conversation with a loved one	Physical movement at work	Join a book club
Essential oils		Clinical supervision	Annual medicals	Create a workplace community
Make your workspace comfortable	Professional development	Peer support at work	Massage therapy	Take breaks at work
Try new teas or healthy ways to hydrate	Awareness of negative thoughts	Positive affirmations	Acupuncture	Tell others what you appreciate about them
	Practice saying “No”	Mindfulness meditation	Physio/Chiro	Volunteer
			Floating	Attend local events